

**Table 7.3: Tasks for Which Help Received (Percent)<sup>1,2</sup>**

Task	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Bathing or showering <sup>4,5</sup>	16.3	13.3	17.0	23.3	2.5	2.0	84.6
Dressing <sup>4,5</sup>	11.2	10.6	10.9	13.7	2.8	1.5	55.5
Getting in and out of bed or chairs <sup>4,5</sup>	4.2	3.2	4.7	6.0	0.1	0.3	23.7
Eating <sup>4,5</sup>	1.7	2.2	0.9	2.3	0.1	0.0	9.6
Using the toilet including getting to the toilet <sup>4,5</sup>	3.0	3.0	3.0	3.3	0.5	0.0	16.8
Meal preparation <sup>6</sup>	21.0	17.3	19.9	34.3	8.7	15.6	61.3
Doing heavy housework such as washing windows, walls, or floors <sup>4</sup>	71.1	68.2	69.8	82.6	63.1	68.9	93.6
Doing light housework such as doing dishes, straightening up, or light cleaning <sup>4</sup>	34.0	31.1	34.0	42.4	21.2	27.6	78.1
Shopping for personal items such as medicines or toilet items <sup>4</sup>	53.7	44.7	54.7	77.3	43.5	48.1	90.2
Using the telephone <sup>4</sup>	5.4	4.6	4.4	10.2	1.9	3.1	18.7
Taking your medications <sup>4</sup>	7.1	4.8	7.9	11.9	3.3	2.5	27.7
Managing your money <sup>7</sup>	36.7	31.2	38.5	48.2	29.8	33.8	59.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "Do you usually receive help from another person in . . . ?" and was asked of all participants.

<sup>5</sup> For each task, participants were asked if they received any help whether or not they reported difficulty with the task. In order to be classified as having ADL difficulty, receives help, a participant had to report both difficulty and receipt of help for the same ADL (at least one). Thus a small percentage of women who were not classified as receiving ADL help reported receiving help with some ADL tasks.

<sup>6</sup> Who has the main responsibility for preparing meals in your home? Does (a/any other) friend or relative come in to your home to help you prepare meals or bring you meals on a regular basis?

<sup>7</sup> Does another person usually help you with managing your money?